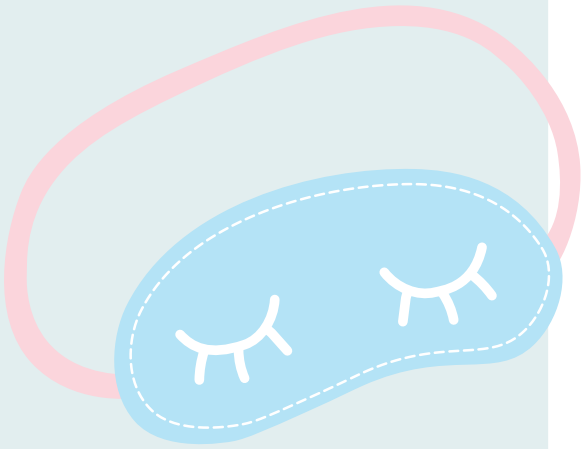


Strategies for Adequate Sleep

Why is sleep so important?

Helps to regulate and improve key organ systems in the body:

- Cardiovascular System
- Hormones
- Metabolism
- Immune System
- Brain Function



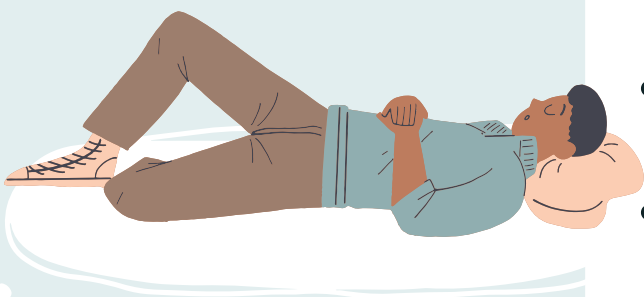
Recommendations (per night)

- Adults – 7-9 hours
- Teens – 8-10 hours
- Children 6 -12 years old – 9-12 hours
- Children 3-5 years old – 10-13 hours
- Children 1-2 years old – 11-14 hours
- Infants 4 months-1 year – 12-16 hours
- Newborns to 4 months – varies



Strategies for you:

- Keep your room cool, dark, and relaxing
- Remove any electronics from the room or limit use before bedtime
- Avoid large meals, alcohol, or caffeine before bedtime
- Try journaling your thoughts and the next day's tasks before bedtime
- Keep a consistent pattern of sleep



Strategies for your child:

- Give older children some alone time prior to bedtime
- Try a sticker chart or reward system for younger children if they stay in bed all night
- Try a “second goodnight”. Once you put them to bed, tell your child you’ll return in 15 minutes to which you’ll say a second goodnight - may give them reassurance and help them relax



References

Centers for Disease Control and Prevention. (2022). Basics About Sleep. Cdc.gov. Retrieved from

https://www.cdc.gov/sleep/about_sleep/index.html

National Heart, Lung, and Blood Institute. (2022). How Sleep Works. Nhlbi.nih.gov. Retrieved from <https://www.nhlbi.nih.gov/health/sleep>